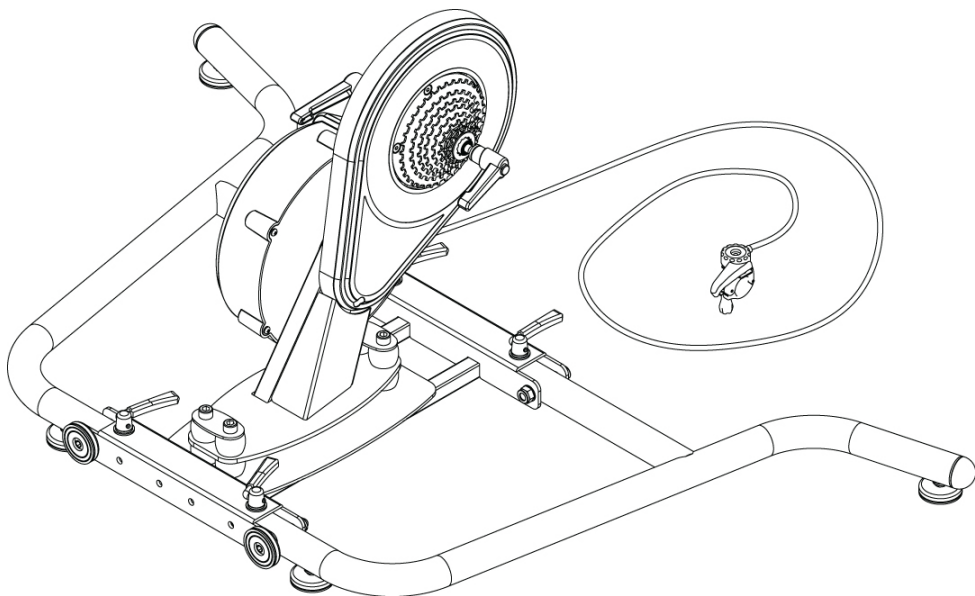


User Manual for Bicycle Exerciser



Thank you again for purchasing our product. For this bicycle exerciser, your own frame can be used; demount the rear wheel and erect it on the exerciser, so that the rear wheel will not suffer from abrasion.

To ensure that your bicycle has the optimal riding state, please carefully read the manual before using the product. It will help you know about the notes for product use, maintenance and riding safety, so as to create more riding joy and value.

If you have any doubt about the bicycle exerciser, please visit our website, or contact us by E-mail and telephone, and we will provide sincere service for you.

- Our company reserves the right to product design, specification change and quality improvement.
- The machine height is suitable to 28-inch and 700C wheel diameter; if the wheel diameter is small, please purchase the bicycle front wheel jack-up mount that is applicable to the wheel diameter of your bicycle.

Please properly keep the manual after reading it.

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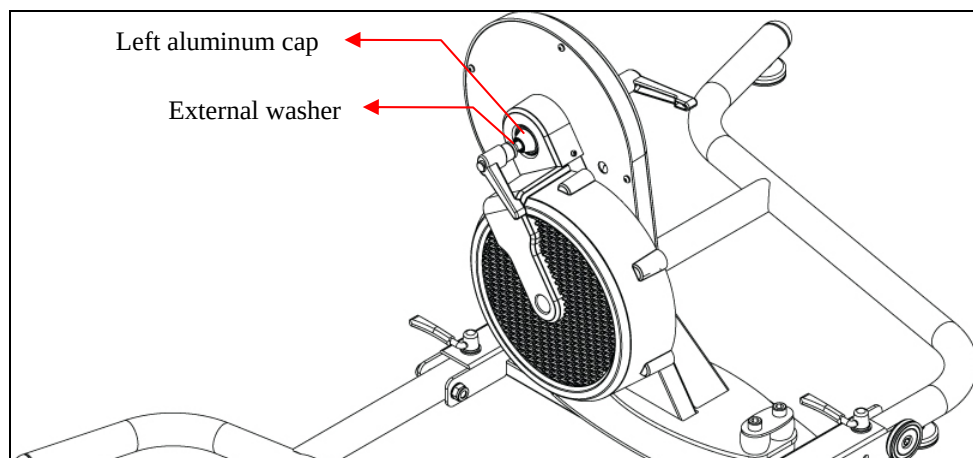
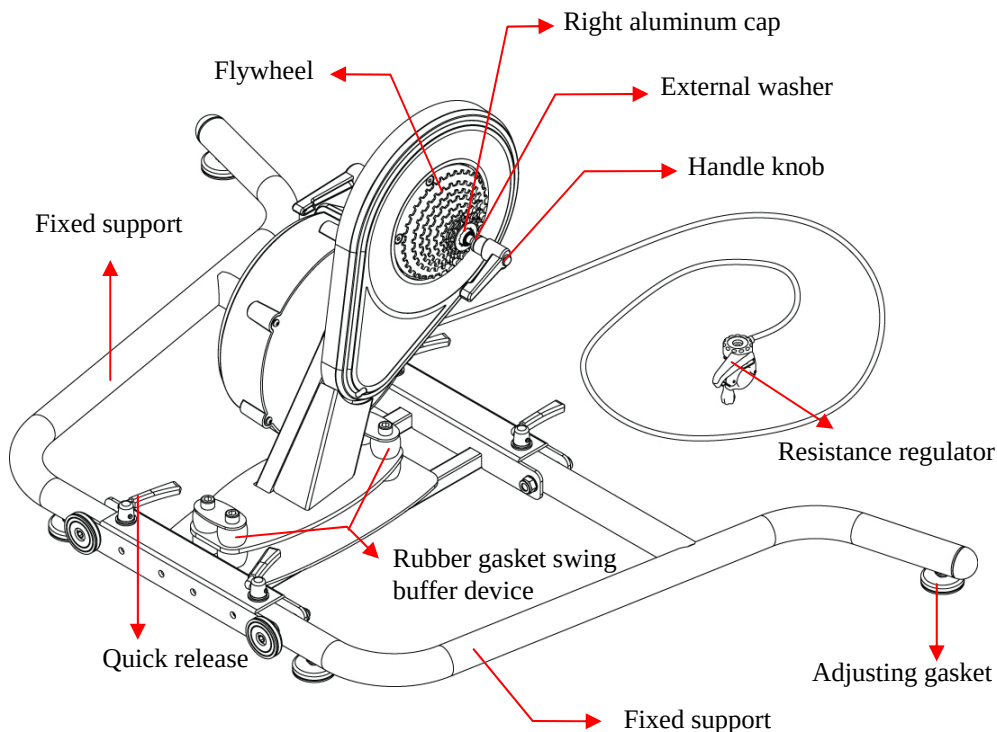
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I. Introduction to product appearance



II. Notes

For your safety, please be sure to carefully read and comply with the following instructions:

1. Please do not attempt to demount or renovate the machine.
2. When the flywheel is rotating, please do not attempt to stop it with hands, so as to prevent injury.
3. When riding the bicycle, please do not make your hands release your hands, stand or perform stunt show, so as to avoid danger.
4. As for the braking system of the machine, if rotation is being performed, please let it stop naturally. Please do not attempt to stop it.
5. It shall be noted that your clothes shall not be too long, so as to avoid the danger caused by roll-in of your clothes or accessories into the machine.
6. Children or pets shall be kept away from the machine when it is being used; and it shall be properly put if it is not used, so as to prevent improper use by children.
7. Avoid objects falling into the notch of the machine, so as to prevent damage of the machine.
8. When it is confirmed each time, please make the 4 gaskets contact with ground, and confirm that the machine is stable without shake.
9. At least 1 meter of open space shall be reserved around the machine.
10. Before the product is used each time, please be sure to confirm that the bicycle has been firmly installed on the hub spindle on the machine. (Please see p. 11)

Notes for maintenance and storage:

1. Clean the machine and apply lubricating oil to the relevant accessories. Keep the machine away from any corrosive substance (such as salt).
2. Do not polish, drill hole or make a mark on the machine surface. Big scratch, hole or mark will lead to the production of crack.
3. Please make the machine put indoor, and keep dry to prevent damage caused by moisture.

Adjust the bicycle:

Adjust the saddle height, handle height and handle angle based on your riding habit.

Get familiar with the bicycle exerciser:

You will feel that you are riding a bicycle on road when using the bicycle exerciser. At the very start, please sit on the bicycle slowly and tread the pedals to get familiar with the equipment. Please try all the gears to confirm that proper gear shift may be realized.

Magnetic control resistance type is adopted for the bicycle exerciser to increase the resistance. Upslope and level road may be simulated for sprint and out-of- saddle sprinting. There will be no the feeling of idle treading due to high speed. Rubber gasket is adopted for the structure for connection; when riding, it may perform left-right swing to simulate the feeling when out-of- saddle sprinting. **Please follow the natural swing angle of your body and do not perform large-amplitude left-right swing deliberately, so as to avoid danger.**

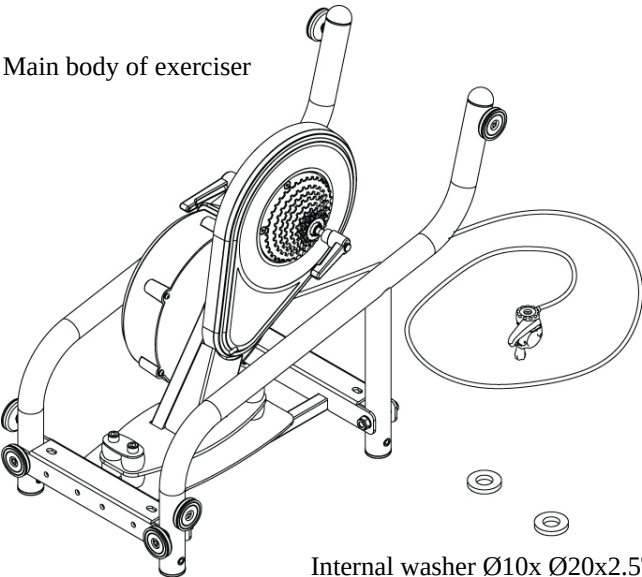
Suggestions:

1. Please avoid improper use or excessive use, or injury may be used.
2. If you do not feel well during use, please stop using the product immediately and have a rest for a moment.
3. It is suggested that the machine used in a ventilating and open place, or ventilating tools shall be used to avoid over high temperature.

III. Assembling

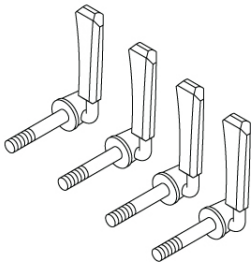
●Parts :

Main body of exerciser



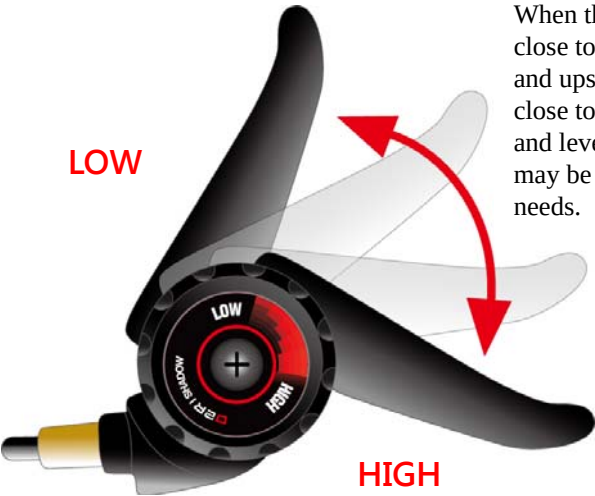
Internal washer Ø10x Ø20x2.5T
(Specifically for Mountain Bike)

Quick release



Washer Ø8x Ø24x2T

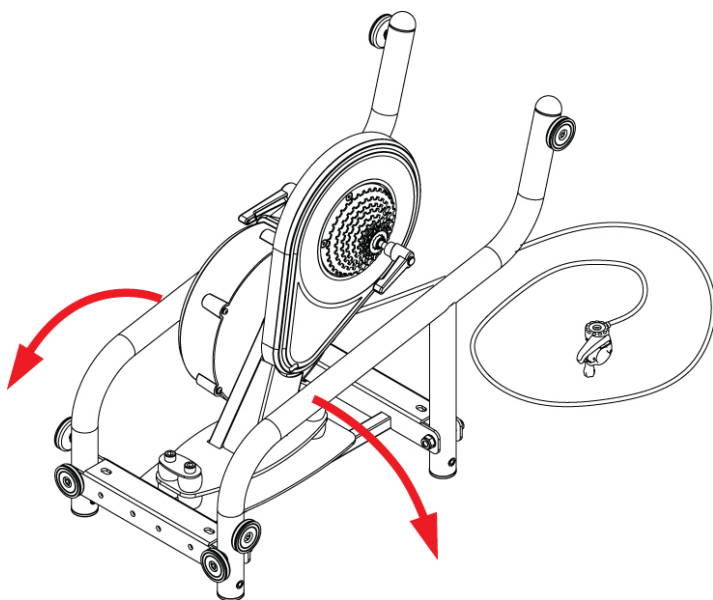
●Introduction to speed controller



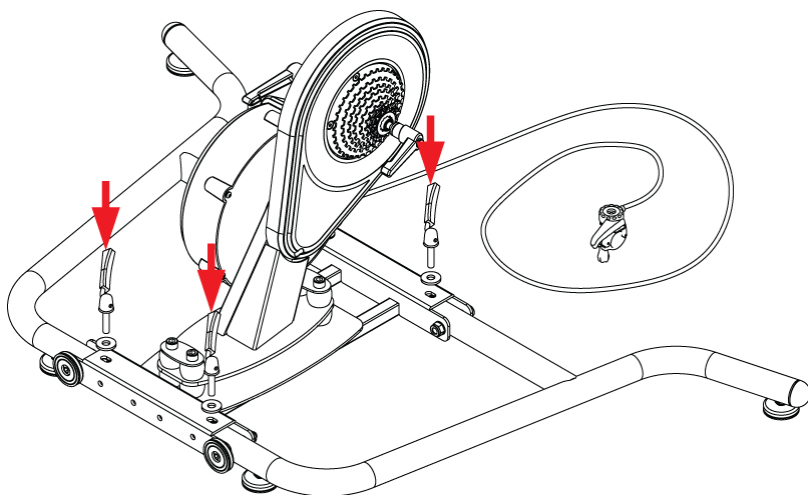
When the gear of the speed controller is close to “HIGH” , the resistance is large and upslope is simulated; when the gear is close to “LOW” , the resistance is small, and level road is simulated. The adjustment may be performed according to your actual needs.

●Assembling steps

Step1. Make the machine base pulled out in left-right direction.

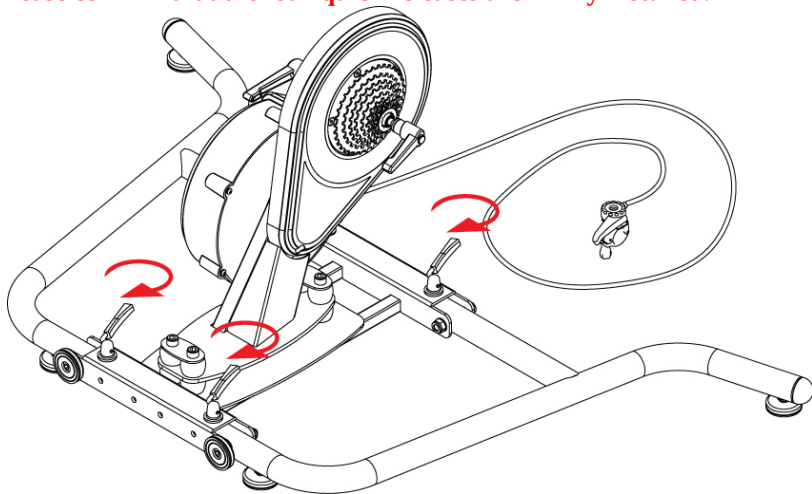


Step2. Make the quick release and washer put into the hole.

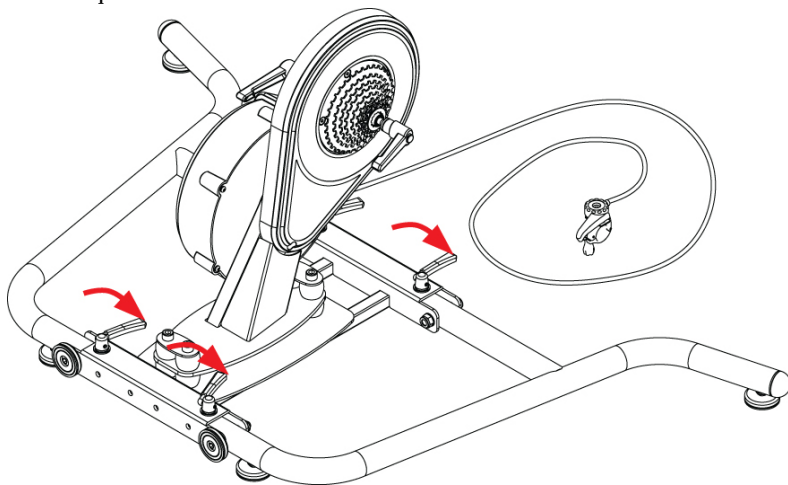


Step3. Make the quick release tightened in clockwise direction.

Note: Please confirm that the four quick releases are firmly installed.



Step4. Press the quick release downwards.



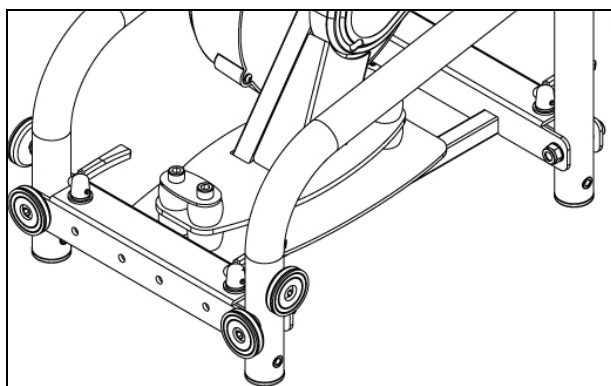
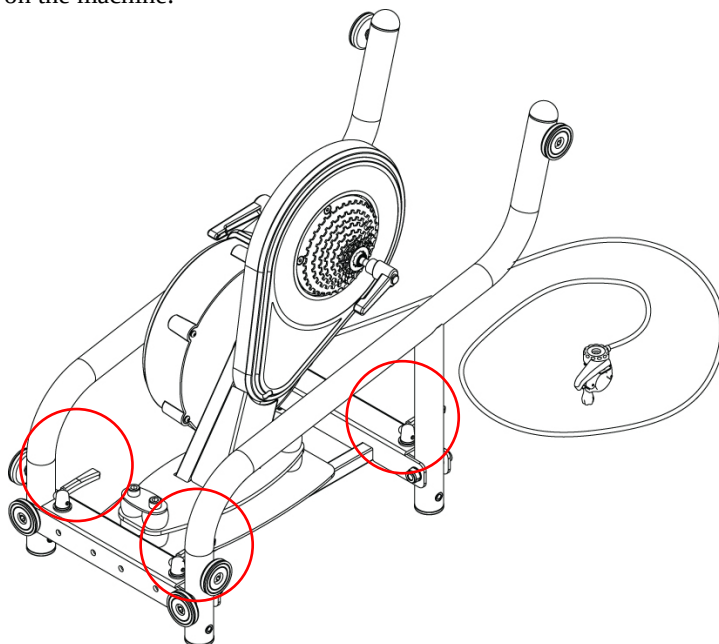
●If the ground is uneven, the gasket may be adjusted until the machine is horizontal. Please make the 4 gaskets keep contacting with ground!

Note! If the quick release handle is not firmly tightened, please make the handle pulled out upwards and then rotate in clockwise direction until it is tightened, and then press the handle downwards. If the quick release handle is too tight to be pressed down, please repeat 1. action, and turn for 1/4 circle in counterclockwise direction, and then press it down.

IV. Fold the machine

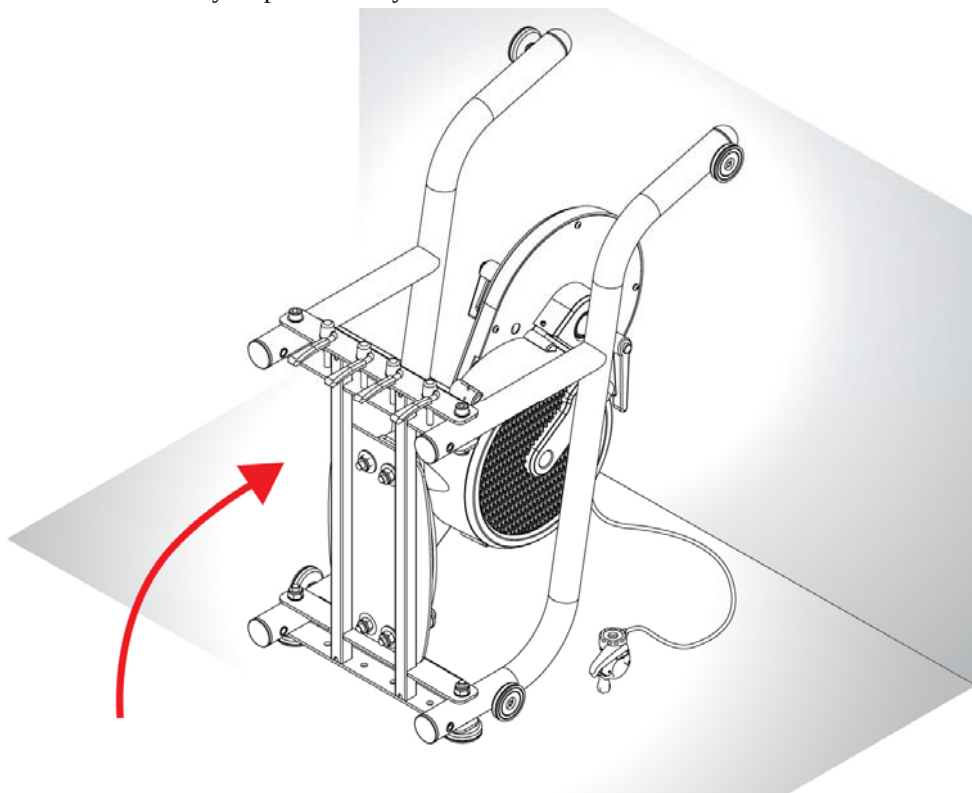
● The machine may be folded by implementing the reverse steps of Step 1.~4.

After folding, if the machine is put horizontally, the 4 quick releases may be put into the round hole on the machine.

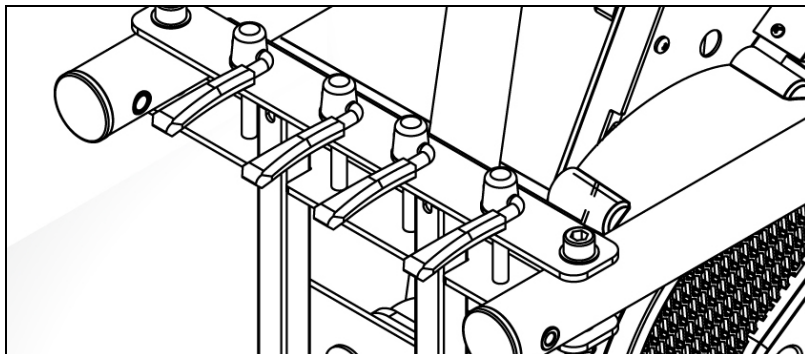


Note!! When the machine is unfolded or folded, the action must be performed after the quick releases are demounted.

- The machine may be put vertically.



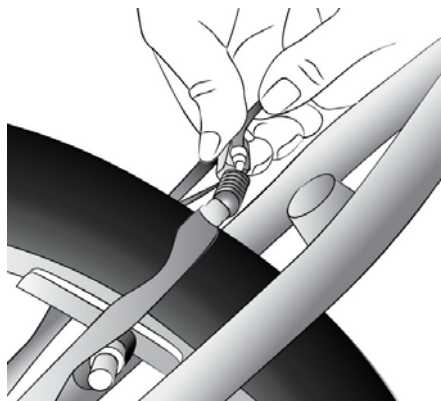
- The quick releases shall be put into the round hole on the machine.



V .Make your bicycle installed onto the machine

Step1. Make the chain of your bicycle changed to the smallest fluted disc.

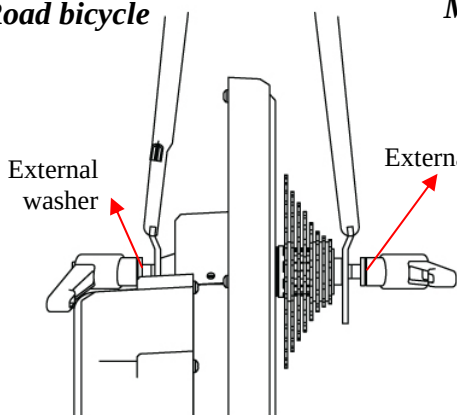
Step2. Demount the rear brake cable of the bicycle; unwind the quick release of rear wheel axle and demount the rear wheel. (Please see the following figure.)



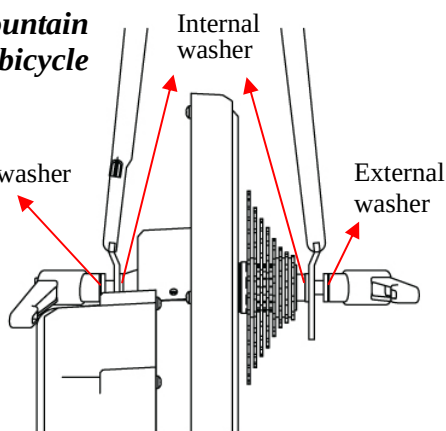
Note!! If you are not familiar with the correct steps for demounting the rear wheel, please read the user manual for your bicycle or consult local bicycle seller.

Step3. Unwind the hub spindle on the machine, and make the aluminum cap positioned at the inner side of the spindle. (Please see the following figure.)

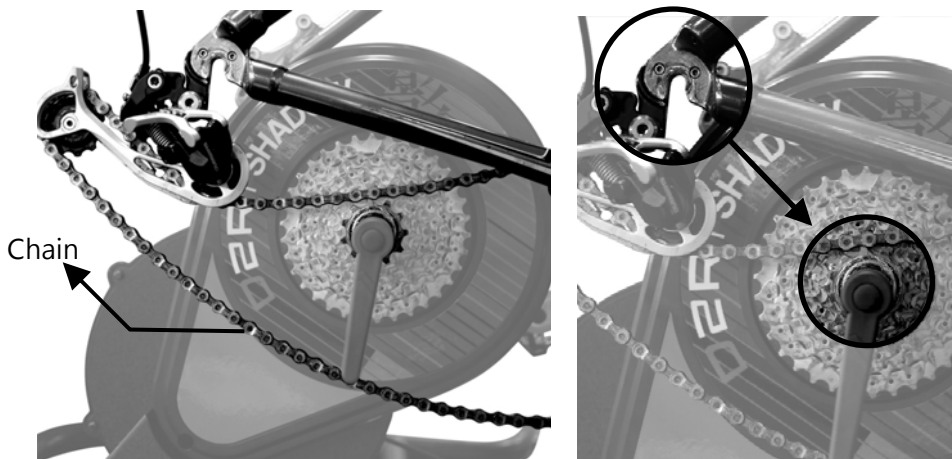
Road bicycle



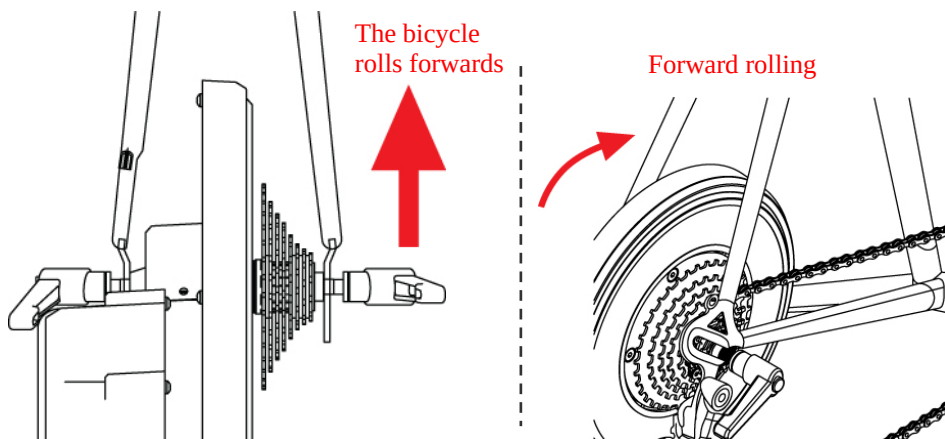
Mountain bicycle



Step4. Make the back of the bicycle put on the machine: make the chain pass through the handle knob and clamp on the smallest fluted disc of machine flywheel, and make the lower rear fork of bicycle lean to the axis of the machine. Please see the following figure.

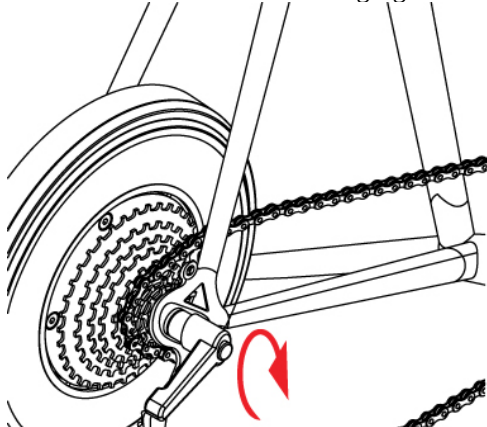


Step5. Press down the bicycle saddle a little, and roll the wheel forwards. With the forward rolling of the bicycle, the bicycle shall decline for about one inch when the claw base is fixed to the bicycle axis. Please see the following figure.



Step6. Press the saddle down, and make the front tire lifted from the ground to confirm that the frame has been completely fixed to the machine.

Step7. Tighten the handle knob on the hub spindle, and make the frame fixed to the machine. Please see the following figure.



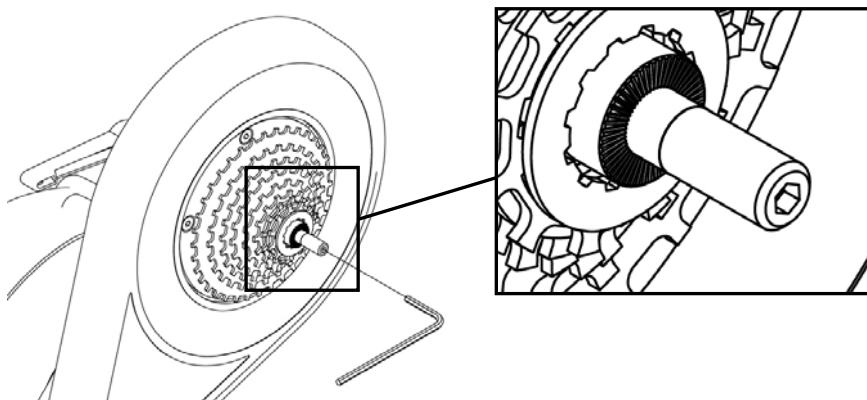
Contents of safety mark:

「The product must be used after it is confirmed that the left-right fixed handle and frame have been properly fixed. Furthermore, under the condition that the bicycle body and main body are not properly fixed, there may be the possibility that bicycle body or main body falls and injury may be caused. Please be sure to perform the confirmation before use. 」

In addition, the handle knob has elasticity function, and it may be pulled outwards according to actual needs.

Step8. Inspect (visual inspection) and confirm whether the bicycle has been vertically fixed to the machine. If the bicycle seems to be inclined, please repeat steps 5-7, and confirm the claw is properly fixed to the bicycle axis. If the bicycle is still inclined, please adjust the gasket until the bicycle is vertical with ground.

Ps. If one side of the handle knob cannot be unscrewed due to clamping, hexagon wrench may be used to fixed the unscrewed spindle, and then unscrew the handle knob at the other side. (Please see the following figure.)



Step9. Make the speed controller installed to the proper position and lock it.

a. Vertical



b. Horizontal



[Simple troubleshooting]

Over vibration during riding:

1. Inspect whether the bicycle has been properly installed in accordance with the manual.
2. Inspect whether the quick release handle of base has been fixed.
3. If the flywheel has been demounted and reinstalled, please confirm that it has been completely tightened.

Speed changer trip stop when riding:

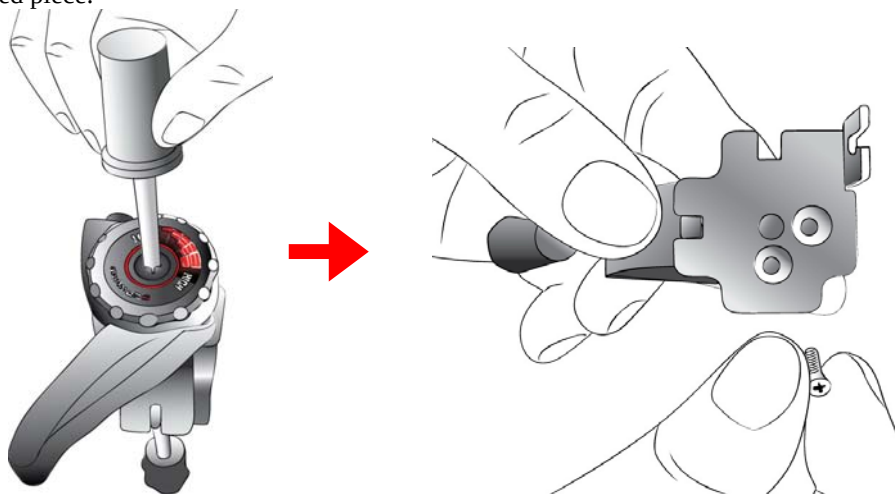
Note: The machine is compatible with multiple types of bicycle. However, under some circumstances, speed changer is not completely compatible with flywheel. If the exercising efficiency is limited due to trip stop and improper gear, please follow the steps below:

1. Inspect whether the bicycle has been properly installed in accordance with the manual.
2. Inspect whether the speed changer is compatible with the flywheel.
3. Inspect whether the speed changer and flywheel are applicable to the same quantity of gear (for example, 10-gear speed changer and 10-flywheel).
4. Perform small adjustment for the speed changer to make the speed changer have stable gear change stroke.
5. Inspect the extension status of chain. When the spacing is too large through the measurement by chain gauge, it shows that the chain has been worn, and new chain shall be replaced.

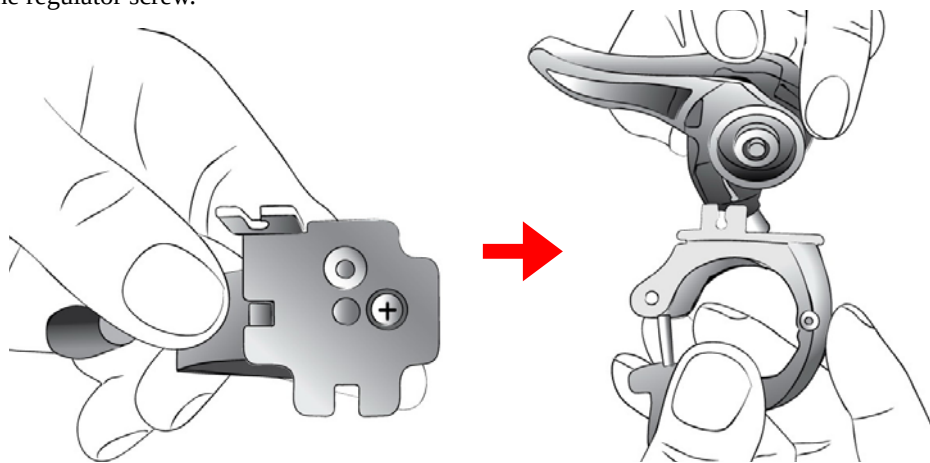
VI. Change resistance regulator direction

●The direction may be subject to 90° rotation in clockwise direction according to the actual needs

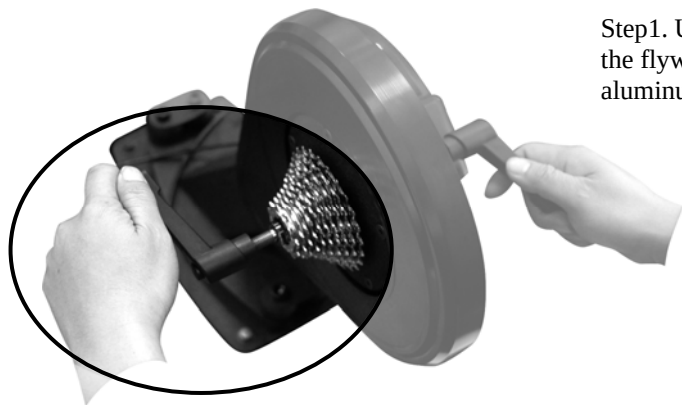
Step1. Loosen the screw of resistance regulator , and then take down the small screw of fixed piece.



Step2. Turn the fixed piece to make it align with the groove; put the small screw and lock it. Then, make the resistance regulator assembled as per the proper position, and then lock the regulator screw.



VII. Flywheel replacement



Step1. Unscrew the handle beside the flywheel; take out the handle, aluminum cap and washer.



Step2. Use special tool make turn the flywheel and take it out.



Step3. Make proper flywheel replaced; lock the washer and aluminum cap. Please be noted that the groove position shall be consistent. Finally, use special tool to lock the flywheel.

VIII. Specification table

Size of exerciser	1261x699x548 L*W*H(mm)
Size after folding (put horizontally)	368x699x548 L*W*H(mm)
Size after folding (put vertically)	368x548x699 L*W*H(mm)
Weight	25.4kg
Fixed mode	Rear wheel fixed mode
Weight of magnetic control flywheel	5.9kg / flywheel diameter: 250mm
Applicable frame size	Applicable frame rear fork width: 130mm and 135mm Applicable wheel diameter: 20~28 inch and 700c series (road bicycle, mountain bicycle) The use of front wheel jack-up mount is unnecessary for the wheel diameter of 20~28 inch and 700c. Front wheel jack-up mount shall be used for the wheel diameter of 20~26 inch.
Flywheel	Clamping type flywheel (SHIMANO –road bicycle 10-gear 11T-25T) or SRAM –road bicycle 10-gear 11T-26T
Resistance	Magnetic control resistance Five sections of wire control for resistance adjustment
Maximum load (excluding bicycle)	100kg/220 pounds
Heat dissipation mode	Air cooling
Compatibility with flywheel on market	SHIMANO; SRAM